

Fit for L.I.F.E. Act of 2010

Local Investments in the Future of Every Child!

Title I: Improving the Nutritional Quality of and Access to Foods in Underserved American Communities

Subtitle A: Nutritional Quality of Foods in Underserved American Communities

- **Food Swamps: Green and Healthy Corner Store Initiative** - Creates a grant program to promote partnerships between local governments/tribal governments and local convenience stores near schools to increase fruit and vegetable offerings.
- **Virtual Farmers Market: Make it Easier to Get Food from the Farm to the City** - Creates an innovative grant program that leverages technology to increase easy access to fresh fruits and produce in urban areas, and allows for the use of electronic benefit transfer cards. This would also include a pilot program for mobile farmer markets programs, to purchase or rehabilitate old school buses to transport fresh produce from local farms to schools and convenience stores.
- **Community Gardening Grant Program: Fresh Foods Grown in Our Communities by Residents** - Establishes a grant program to increase the amount of community gardens in urban and Native communities that are staffed by residents.
- **Study to Certify the Adequacy of Cafeteria Equipment for the Preparation and Storage of Foods within the Dietary Guidelines** - Recently, the federal government has provided grants worth millions of dollars to improve our schools' cafeteria equipment. This section commissions a study conducted by the U.S. Department of Agriculture to certify that school cafeteria equipment is or is not sufficient for the storage and preparation of foods that meet the Dietary Guidelines for Americans. If it is not sufficient for the preparation and storage of foods, then the Secretary should offer recommendations, such as to support upgrades or exchanges of school cafeteria equipment.

Subtitle B: Access to Nutritious and Quality Foods in Underserved American Communities

- **Food Deserts: Address the Lack of Supermarkets in Underserved Communities** - Creates a grant program promoting public private partnerships to address the need for supermarkets in underserved communities.
- **Expand the Child Care and Adult Food Program to Increase Availability of After School Snacks** - Amends the Richard B. Russell National School Lunch Act to expand the Afterschool Snack Program to children in all States, in an effort to feed more children in underserved communities. Currently, the program only operates in ten states-- Delaware, Illinois, Maryland, Michigan, Missouri, New York, Oregon, Pennsylvania, West Virginia, and Vermont.
- **Expand the Fresh Fruit and Vegetable Program.** Amends the Richard B. Russell National School Lunch Act to expand the Fresh Fruit and Vegetable Program to include secondary schools, child care centers, and family child care homes, in an effort to provide healthier food options to those who get most of their meals from the National School Lunch programs and to increase their daily intake of fruits and vegetables, as the Institute of Medicine (IOM) report indicated was needed to combat obesity.
- **Expand Access to the Summer Food Service Program for Children** - Amends the Richard B. Russell National School Lunch Act to expand access to food during the summer months by reducing the Summer Food Program's area eligibility requirement to areas where 40 percent of residents are at or below 185 of the Federal Poverty Level, instead of the current 50 percent. To further attract additional site sponsors and feed more children, it also expands existing rural transportation pilot grants and provides expansion grants in high poverty areas.
- **Grants for the Expansion of School Breakfast Programs to Improve the Health and Education of Children** - Amends the Child Nutrition Act of 1966 to create a grant program expanding the breakfast program to serve breakfast to all children in schools where at least 65 percent of children in the school receive free or reduced lunch.
- **Local Food Insecurity Assessments: Assessing the Unique Nutritional Needs of Local Communities** - Provides grants to local governments/tribal governments to create public private partnerships to conduct assessments on the availability of nutritious food, quality of foods served to children in schools and child care, and the costs of nutritious foods.
- **Study on Supermarket Availability in Underserved Communities** - Provides for a study by the Federal Trade Commission to investigate potential supermarket redlining in food deserts and barriers to entry faced by food retailers.
- **Study and Report on Physical Activity, and Nutritional Quality of Meals and Snacks Served, in Juvenile Justice Facilities** - Children in every setting should have access to

nutritious foods as well as the opportunity to engage in the recommended amount of physical activity. This section commissions a study and report on the amount of physical activity and the nutritional quality of meals and snacks served to children in juvenile justice facilities.

Subtitle C: Ensuring a Healthy Start for Children in Underserved American Communities

- **Improve Healthy Eating and Physical Activity Among Our Youngest Children** - This provision would create a 3-year pilot program in 5 States focusing on combating obesity among our youngest children. States will work with the Department of Health & Human Services (HHS) to develop programs to: (1) Promote physical activity in child care centers; (2) Create healthier eating environments; and (3) Limit the amount of time children spend in front of the TV or other digital screens.
- **Health and Fitness School Program: Training America's Youth to Live Healthy Lifestyles** - Creates a pilot grant program placing young health professionals in secondary schools to educate students on all facets of living a healthy lifestyle. This program mirrors the HealthCorps program.

Title II: Advancing Preventative Measures and Treatment of Obesity in Adults and Children in Underserved Communities

- **Requirement to Expedite National Medicare Coverage Determinations for Evidence-Based Preventative Services**
- **Expansion of Obesity Treatment Services Under Medicare**
- **Coverage of Evidence-Based Preventative Services Under Medicaid and SCHIP**
- **Coverage of Medical Nutrition Therapy Under Medicaid and SCHIP**
- **Clarification of EPSDT Inclusion of Prevention, Screening, and Treatment Services for Obesity and Overweight; SCHIP Coverage**

These sections provide the infrastructure to expand coverage for obesity prevention and treatment services in Medicare, Medicaid, and SCHIP and expand coverage of medical nutrition therapy in Medicaid and SCHIP.

- **Community Health and Wellness Navigators Pilot Program: Connecting America's Health Professionals with Our Schools** - Creates a pilot grant program connecting health professionals and schools in an effort to improve the health of underserved children.
- **National Commission on Child Obesity** - Establishes a federally appointed commission with the sole purpose of conducting a comprehensive study that examines and accesses the needs of children relating to the prevalence, prevention, and treatment of childhood obesity.
- **Request a Government Accountability Office (GAO) study on the cost benefits of implementing the measures to reduce childhood obesity throughout this bill.**

Title III: Encouraging Physical Activity in Underserved American Communities

- **Renovation of Foreclosed and Abandoned Properties to Create Open and Green Spaces in American Neighborhoods** - Amends the Housing and Community Development Act to establish a grant program that creates public private partnerships to rehab foreclosed and abandoned properties and land in a manner that encourages physical activity and creates mixed-use facilities, in addition to creating and supporting community gardens or urban farms. This would enable local neighborhoods to convert blighted areas to facilities that would encourage indoor and outdoor physical activity, repair sidewalks and bike paths, and create green spaces used for community gardens and urban farms, especially in food deserts.
- **National Youth Sports Program (NYSP) Revitalization** - Amends the Community Services Block Grant Act to continue federal funding for this over forty year old program seeking to educate low-income children during the summer at colleges and universities on the importance of health and wellness through sports.
- **Expansion of the Zuni Youth Enrichment Project (ZYEP) Summer Camp** - Creates a pilot grant program in an effort to duplicate the Zuni Youth Enrichment Program Summer Camp in Native-American communities across the nation. The ZYEP summer camp is a program that focuses on the unique health challenges Native-American children and their communities face.
- **Make Routes to Schools in Underserved Communities Accessible with Public Participation through the Community Oriented Policing Program** - Amends the Omnibus Crime Control and Safe Streets Act to create a grant program allowing police departments and schools to survey and eradicate the unique dangers in underserved communities that prohibit children from walking or biking to school, and to incorporate best practices, plans, and findings into urban planning and development in underserved communities.
- **Target Land and Water Conservation Fund (LWCF) Program Grants in Low-Income Communities and Expand Tribal Participation** - Amends the Land and Water Conservation Act to create a program targeting LWCF funds to low-income communities in order to increase the use of and access to parks and open space in low-income communities that receive LWCF funds, and expand Tribes' access to funding and strengthen Tribes' capacity to compete for funding.
- **Create a Changing Hearts, Attitudes, and Minds by Participating in Sports ("CHAMPS") Program** – Amends the Public Health Service Act to create national and community-based childhood obesity prevention initiatives at the Centers for Disease Control and

Prevention (CDC) that provide adult-supervised programs for underserved children or adolescents during after-school hours, weekends, or summer hours that provide structured physical fitness activities, including organized sports; teach proper exercise techniques and skills; combine physical fitness activities with nutritional counseling and education; and demonstrate measurable results for reducing childhood obesity on the part of participants.

- **Create Coordinated School Health Initiatives** – To create a pilot program within parish public school systems to implement Coordinated School Health Initiatives in their schools that provide a program called Fitnessgram, which assesses each student's aerobic capability, muscular strength and endurance, flexibility and body composition; uses the scores to establish a baseline and identify interventions for students; identifies best practices regarding such interventions; and uses the information determined to implement interventions in each school.
- **Reward elementary and secondary schools for outstanding student performance in physical fitness programs** – Link physical fitness performance in elementary and secondary schools through The Presidential Challenge Physical Fitness Test with the grant funding schools receive. Schools compete for funds based on the school's overall fitness test success rates and improvement rates, based on the scores from The President's Challenge Physical Activity and Fitness Test levels, a program under the U.S. Department of Health and Human Services (HHS). This would better incentivize schools to incorporate a standard physical fitness into their curriculums, Physical Education programs, and before-school, recess, and after-school programs.